

# Cooking for Kids

## Recipe Sizing Report

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May 9, 2022

000482 - Firecracker Carrots CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011960 CARROTS,BABY,RAW.....	4 1/3 cups	1. In a large bowl, combine carrots, oil, and sambal. Mix until carrots are fully coated.
050385 OIL, VEGETABLE.....	1 tsp	2. Pour in a sheet pan, or 18 x 13 inch pan, and bake in a 400° F oven for 8-10 minutes or until carrots are tender but not mushy. Hold hot for service at 140° F.
004058 OIL,SESAME,SALAD OR COOKING...	1 tsp	
902936 Sambal Oelek Chili Sauce.....	1/8 cup	

\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	18 kcal	Cholesterol	*0* mg	Sugars	*2.0* g	Calcium	13.69 mg	20.64%	Calories from Total Fat
Total Fat	0.42 g	Sodium	43 mg	Protein	0.28 g	Iron	0.38 mg	*3.07%*	Calories from Saturated Fat
Saturated Fat	*0.06* g	Carbohydrates	3.55 g	Vitamin A	5965.3 IU	Water <sup>1</sup>	*38.42* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.24 g	Vitamin C	1.7 mg	Ash <sup>1</sup>	*0.27* g	77.67%	Calories from Carbohydrates
								6.13%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.